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Housekeepers' Chat

Mon., March 12, 1928

NOT FOR PUBLICATION

U. S. Department of Agriculture

Subject: "Housecleaning--Modern Painless Methods." Information, including menu and new recipe, for Veal Birds, from Bureau of Home Economics, U. S. Department of Agriculture.

Bulletin available: "Housecleaning Made Easier."

--ooOoo--

Housecleaning, nowadays, is not the bugbear it once was. Most families have done away with the old-fashioned, tedious, back-breaking "spring housecleaning", which upset the regular routine, and made everybody uncomfortable while it lasted. A little cleaning, now and then, is relished by the best of men, and women, but to make a six-day event of spring housecleaning simply isn't done. Frequent cleaning saves time and strength in the long run, and is also better for the house and its furnishings. Heavy cleaning may be done a little at a time, to avoid the hard work and discomforts of the old-time spring and fall housecleaning.

Keeping dirt out of the house, or "preventive" housecleaning, saves a great deal of effort in housekeeping. Removing dirt regularly from window sills, porches, steps, and walks helps in keeping out dirt, as do screens covered with cheesecloth, or other material through which air will pass, but not dust and soot. Cloth screens are particularly useful in pantries and storerooms, and for doors and windows near the ground, against which dirt of all sorts is blown. In some climates cloth screens used in bedroom windows at night serve the purpose of keeping out dampness as well as dirt.

Muddy or dusty shoes and clothing are another source of dirt in the house. Much of this dirt can be kept out by doing away with dirt walks and bare ground near the house, by insisting that mats and scrapers be used out of doors, and by providing special places just inside where muddy rubbers and boots and coats may be left and cleaned. An entrance passage or small room answers this purpose. The kitchen is not the room for such storage and cleaning if any other place can be utilized.

There are a number of housecleaning questions in the box today. As soon as I answer these, I'll broadcast a menu and a recipe.

First, "What is the best way to clean upholstered furniture?"

A vacuum cleaner, or a brush, is the most effective tool for cleaning upholstered furniture. A soft brush, is best for velvet and velour; a stiffer one for tapestry and other strong, firm materials; and a pointed one for tufted upholstery. If convenient, upholstered furniture should be taken out of doors occasionally, and beaten with a flat carpet beater. It may be cleaned indoors by the following method: Cover the upholstery with a cloth, dipped in water and wrung as dry as possible, then beat with a flat beater. The damp cloth will take up the dust, and prevent its spreading over the room.

Second question: "How should one clean a leather rocking chair?"

Leather furniture coverings last longer and look better if rubbed occasionally with castor oil, or a commercial leather polish, to restore the oil that gradually dries out of the leather. Rub the liquid in well and wipe off any excess; otherwise, this film of oil will darken the leather, and soil whatever touches it.

Third question: "How can I remove paint and varnish which have been spattered on the window pane?"

Paint or varnish spatters on glass may be dissolved with turpentine or alcohol, or rubbed off with a dull knife.

Next question: "How many times a year does a floor need re-waxing?"

Under moderate use, a floor needs re-waxing only two or three times a year. Applying too much wax is a common mistake. The extra wax lies on the surface in a soft coat that collects dust, and is easily marred. To clean a waxed floor, sweep it with a soft brush or a mop entirely free from oil. Oil softens wax, and should never be used on it, in any way. About once a week a waxed floor should be given a more thorough cleaning with a cloth wrung out of warm soapy water, or better still, moistened with turpentine or gasoline. Water dulls and whitens a waxed floor. Turpentine, or gasoline, dissolves the film or dirty wax on the surface and leaves it bright. However, in using these liquids, remember that they are inflammable.

Last question: "Can you tell me how to clean ordinary plastered and papered walls and ceilings?"

Ordinary plastered and papered walls and ceilings should be cleaned with a soft wall brush, or a broom covered with soft cloth, such as cotton flannel. Use light overlapping strokes in cleaning; heavy strokes rub the dirt in. Cotton batting is good for cleaning places that soil more quickly than the rest, for example, the wall over radiators, registers, and stoves. The wall should be rubbed lightly with the cotton, which should be turned as it becomes soiled.

There are, on the market, commercial pastes and powders for cleaning wall papers, but these should be applied by an expert. An amateur is likely to have a streaked wall if he attempts to use them.

Don't forget about the free bulletin, called "Housecleaning Made Easier." It tells how to clean house, in the easiest and most efficient way.

I'll broadcast the menu now-- one of the best we've had this year. The main dish is Veal Birds, a recipe for which the Recipe Lady tested last week. The Veal Birds were very good. The entire menu includes Veal Birds; Scalloped Parsnips; Spinach; and Blueberry or Huckleberry Pie, made with canned berries. There are eight ingredients, for Veal Birds:

6 strips veal, 2 inches wide	1/2 teaspoon pepper
6 strips bacon	1 onion, minced
1-1/2 cups stale bread crumbs	1/2 cup chopped celery, and
1 teaspoon salt	2 tablespoons butter

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The eight ingredients, again: (Repeat)

Veal birds are prepared from cutlets, bouillon chops, chops from the lower end of the shoulder, and short cutlets from the lower leg. The meat for veal birds should be cut in strips about 2 inches wide and about 4 inches long. The size of the pieces will, of course, depend on the cut. Pound the strips of veal until evenly flattened, but do not break the meat. Reserve the bacon for wrapping the birds and make a dressing of the other ingredients as follows: Brown the celery and onion slightly in the butter; then mix the ingredients lightly with a fork. Put a spoonful of the dressing on each strip of veal, roll carefully and evenly, and bind with a slice of bacon held in place with a toothpick. Have ready a heavy iron skillet, brown the birds slowly on all sides and then put into a casserole with some of the fat from the skillet. Cover and cook in a medium oven until tender, about three quarters of an hour. Serve garnished with cress and with the meat juices unthickened. The small pieces left from the strips used for veal birds may be ground and used in meat cakes.

Although the recipe for Scalloped Parsnips is in the Radio Cookbook, I'll broadcast it.

Six ingredients, for Scalloped Parsnips:

6 or 7 medium-sized parsnips	1/2 cup parsnip water
3 tablespoons butter.	1/2 cup rich milk or cream
2 tablespoons flour	Buttered bread crumbs

I'll repeat the six ingredients: (Repeat)

Scrub the parsnips clean. Cook until tender in lightly salted water--20 to 30 minutes will be enough for medium-sized ones. Drain. Scrape off the outer skin. Split the parsnips lengthwise. Pull out the woody cores. Place the parsnips in a shallow baking dish. Cover them with a white sauce made with the butter, flour, milk, and parsnip water. Cover the top with bread crumbs which have been mixed with melted butter. Bake in a moderate oven until the parsnips are thoroughly heated and the buttered crumbs are golden brown.

To repeat the menu: Veal Birds; Scalloped Parsnips; Spinach; and Blueberry or Huckleberry Pie, made with canned berries.

